

## **Adrian Dell and Carmen Roberts Foundation**

**Project Title:** 24th Annual Empowering Young Women Conference

**Project Address:** Riverside Community College 4800 Magnolia Ave, Riverside, CA 92506

### **Project Description:**

The Inland Empire (IE), one of Southern California's fastest-growing regions with a population of 4.6 million, faces pressing challenges disproportionately impacting youth, women, and communities of color. With over half of IE residents identifying as people of color and a majority under 29, the region's large youth population creates a need for targeted support. High poverty rates, limited access to education and employment, and inadequate mental health resources affect well-being, especially among young women. A 2022 needs assessment conducted by a local university, highlights these challenges. The IE's human development index lags behind state and national averages, with poverty rates reaching 28% for Native American women and 17% for women overall. Economic hardship ties closely to mental health disparities, underscoring the need for mental wellness resources. With the CDC reporting suicide as the second leading cause of death among youth aged 10-24, fostering emotional resilience and belonging is critical. The 24th Annual Empowering Young Women Conference (EYWC) will equip approximately 150 girls and young women in the IE aged 12-21 with resources to build resilience and support emotional well-being. The conference will take place March 8th, 2025 at a local community college through our partnership with the Adrian Dell and Carmen Roberts Foundation. This year's conference will include interactive workshops on mental wellness, selfdefense tips, human trafficking awareness, and a dynamic career panel of women. Engaging local leaders, educators, and mental health professionals, EYWC will provide girls and young women who attend an opportunity to connect with role models—particularly women of color.

### **How does the project align with the mission of the Human Relations Commission, and how will it aid in the elimination of prejudice, intolerance, and discrimination?**

The 24th Annual Empowering Young Women Conference (EYWC) aligns with the Human Relations Commission's (HRC) mission by fostering equity, empowerment, and community well-being for young women in Riverside. Through workshops, keynote sessions, and mentorship opportunities, the conference promotes self-confidence, leadership, and advocacy, equipping participants with the tools to challenge prejudice, intolerance, and discrimination. By creating a safe, inclusive space, EYWC uplifts diverse voices and encourages young women to become agents of change in their communities. With support from the HRC Community Support Grant, the conference can further expand its impact, ensuring equitable access to opportunities that promote justice, diversity, and empowerment.

### **How will the project empower Riverside communities and promote an informed and inclusive multicultural society?**

The Empowering Young Women Conference (EYWC) will strengthen Riverside communities by fostering leadership, self-confidence, and personal development among young women between the ages of 12-21 from diverse backgrounds. Through interactive workshops on life skills, career

exploration, mental wellness, and self-affirmation, participants will gain tools to navigate their futures successfully. By bringing together a multicultural group of young women, mentors, and community leaders, EYWC promotes understanding, inclusivity, and shared learning experiences that contribute to a more informed and connected society.

**How will the community be involved in the project and how will it benefit the community?**

The Empowering Young Women Conference (EYWC) is a community-driven initiative that engages Riverside residents at every level. From planning logistics to volunteering and speaking at the event, local leaders, educators, businesses, and volunteers play a vital role in shaping the experience. Community members contribute by mentoring young women, leading workshops, providing resources, and ensuring a welcoming, supportive environment. The conference benefits the Riverside community by equipping young women with essential life skills, career exploration opportunities, self-empowerment tools, and mental wellness strategies. By fostering confidence, leadership, and resilience, participants become more prepared to contribute positively to their families, schools, and neighborhoods. Additionally, EYWC strengthens local partnerships, bringing together professionals, businesses, and organizations to invest in the next generation of leaders. This collaboration promotes a more informed, inclusive, and empowered society, ensuring long-term benefits for the entire community.

**Can you describe your organization's prior experience in carrying out similar projects?**

The Adrian Dell and Carmen Roberts Foundation (ADCRF) has a long-standing history of successfully executing impactful community-focused initiatives. For over four decades, ADCRF has been a trusted leader in serving Riverside's Black community and empowering residents through events such as the Golf Tournament, Black History Parade, and Backpack Giveaway. These events have attracted diverse community participation, fostered local partnerships, and created lasting impact by addressing key needs in education, culture, and community wellness.

ADCRF has demonstrated strong experience in community mobilization, event management, and collaborative partnerships with local businesses, organizations, and volunteers. The foundation's deep roots in the community ensure that each project is tailored to the unique needs of Riverside's residents, and its successful track record proves its ability to bring large groups together for a common purpose. These efforts will be instrumental in ensuring the success of the Empowering Young Women Conference and similar initiatives moving forward.

**What is your plan for evaluating the success of the project and what specific outcomes will you use to measure success?**

The success of the Empowering Young Women Conference (EYWC) will be evaluated using a combination of immediate and long-term outcomes. Based on feedback from past evaluations, participants consistently highlight the interactive workshops, supportive environment, high engagement, and access to women of color as role models as the most impactful aspects of the event. These areas will be central to our evaluation process moving forward.

Our evaluation will include surveys and feedback forms immediately following the conference to capture participants' immediate reactions and perceptions of the workshops, speakers, and

overall experience. Additionally, we will implement a follow-up survey with parents or guardians of younger participants several weeks after the event to assess any longer-term behavioral changes, shifts in confidence, or an increased openness to discuss key topics such as career goals, mental wellness, and personal empowerment.

By combining immediate feedback with follow-up assessments, and utilizing IRB-approved evaluations, we will gain a comprehensive understanding of the conference's impact. These insights will not only allow us to measure the effectiveness of the event but also help inform continuous improvements and ensure that future EYWC events remain relevant, impactful, and empowering for young women in Riverside.

## **Laundry of Love Riverside**

**Project Title:** Laundry Love Riverside - Outreach

**Project Address:** 1340 Massachusetts Avenue (Rachel's Lavanderia)

**Project Description:** No response provided.

**How does the project align with the mission of the Human Relations Commission, and how will it aid in the elimination of prejudice, intolerance, and discrimination?**

Laundry Love Riverside provides free laundry service to the clients at Rachel's Lavanderia on the third Wednesday of each month from 6:00 - 8:00 pm. We are a volunteer organization and rely solely on donations to support our community. We engage with the clients at Rachel's Lavanderia each month through conversation, connecting to social services support in the City of Riverside and providing donated items (i.e. socks, hygiene products, school supplies for children, etc .. ) There is no judgment. We are in community with our clients and we offer a supportive environment for needs to be served. All are welcome.

**How will the project empower Riverside communities and promote an informed and inclusive multicultural society?**

All are welcome to participate in a Laundry Love Riverside event. We serve families, single moms, elderly, Path of Life residents, college students, disabled, and anyone who needs assistance. Our clients come from many different cultural backgrounds, many different languages spoken and come together once a month to greet one another, get their laundry done, be in community with their neighbors and have a friendly face to talk to.

**How will the community be involved in the project and how will it benefit the community?**

The Riverside University Health System and the Riverside Unified School District have been in contact with Laundry Love Riverside on how our volunteers can help support the individuals and families they serve. Laundry Love Riverside is the only Laundry Love chapter in the Inland Empire and cities such as Moreno Valley and Corona/Norco have also reached out to access support for their clients.

**Can you describe your organization's prior experience in carrying out similar projects?**

Laundry Love Riverside began in January 2020 at the Sparklean Laundromat on the corner of Chicago/University. The laundromat sold in March 2023 and our organization began looking for a new location. In July 2024, we found a new home at Rachel's Lavanderia on the corner of Iowa/Massachusetts. In the seven months that we've been at Rachel's, several of our clientele from our former location have found us and join us each month. We were featured in a September 2024 issue of "The Raincross Gazette" as volunteers who help support the community. The owner of Rachel's Lavanderia wishes to add an additional event per month because the need is great and it's such a benefit to the community.

**What is your plan for evaluating the success of the project and what specific outcomes will you use to measure success?** No response provided.

## **Love and Nurture Initiative**

**Project Title:** Children's Health Fair ADELANTE

**Project Address:** 3625 Ottawa Ave, Riverside, CA 92507

### **Project Description:**

The Children's Health Fair is a community-driven event dedicated to promoting the well-being of children, particularly those from low-income and vulnerable families. Guided by the ADELANTE philosophy, this event fosters education on healthy lifestyles through engaging, interactive, and meaningful experiences.

Families will have access to free health screenings, interactive workshops, and hands-on activities designed to instill lifelong wellness habits. Children will enjoy fun fitness challenges, nutrition-based activities, and games that make learning about health exciting. Parents will connect with healthcare providers, mental health professionals, and community organizations to gain vital information on preventative care.

### **How does the project align with the mission of the Human Relations Commission, and how will it aid in the elimination of prejudice, intolerance, and discrimination?**

The Children's Health Fair aligns closely with the mission of the Human Relations Commission by fostering equity, inclusion, and access to essential healthcare and wellness education for all children, particularly those from low-income and vulnerable families. Health disparities are often rooted in systemic inequalities, and this event directly addresses these barriers by providing free, culturally responsive resources and services to families who might otherwise lack access. The event welcomes everyone regardless of culture, ethnicity, gender, age, language or religion.

By creating a welcoming, inclusive space, this project promotes understanding, respect, and connection among diverse community members. It brings together families, healthcare providers, and organizations to share knowledge and resources, breaking down stigmas around healthcare and mental health while promoting a sense of belonging.

Furthermore, by educating children and their families on healthy lifestyles, mental well-being, and preventative care, we empower them with the tools to advocate for their health and future, reducing the long-term impacts of inequality. This event is not just about health—it's about building a more just, informed, and compassionate community where all children have the opportunity to thrive.

### **How will the project empower Riverside communities and promote an informed and inclusive multicultural society?**

The Children's Health Fair is about more than just health—it's about empowering families, building connections, and creating a stronger, more inclusive Riverside. Many

families in our community, especially those from underserved backgrounds, face barriers to healthcare and wellness education. This event helps bridge that gap by providing free health screenings, engaging workshops, and hands-on activities that make learning about well-being fun and accessible for everyone.

By bringing together families from all backgrounds in a welcoming and culturally inclusive space, we help break down stigmas, reduce disparities, and ensure that every child—regardless of where they come from—has the opportunity to grow up healthy and informed. Parents will gain access to vital resources, healthcare professionals, and mental health support, helping them make informed choices for their families.

Ultimately, this event is about lifting up our community, celebrating diversity, and making sure that no one is left behind when it comes to health and well-being. When families feel supported, communities thrive.

**How will the community be involved in the project and how will it benefit the community?**

The Children's Health Fair is a true community effort, bringing together families, local organizations, healthcare providers, volunteers, and advocates who all share a common goal—to ensure every child has access to the resources they need to grow up healthy and strong.

**Can you describe your organization's prior experience in carrying out similar projects?**

Love and Nurture Initiative has extensive experience in organizing and facilitating community-based health and wellness events, with a strong focus on equity, inclusion, and accessibility for underserved families.

Over the past two years, we successfully hosted the Community Health Fair, providing free health screenings, mental health resources, and wellness education to hundreds of individuals and families. These events connected community members with healthcare professionals, mental health experts, and local organizations, ensuring they had access to vital services and information to support their well-being.

This year, we are excited to expand our impact by hosting our first-ever Children's Health Fair in partnership with Iglesia Hispana de Riverside. This event is designed specifically to address the health and wellness needs of children and their families, offering interactive workshops, hands-on learning experiences, and engaging activities that promote lifelong healthy habits. By focusing on children, we aim to empower families with the knowledge and resources to build a strong foundation for their children's future health.

Our experience in organizing large-scale community health events, facilitating healing circles, and leading mental health workshops uniquely positions us to ensure the success of this year's Children's Health Fair. Through this initiative, we continue our

mission to create a healthier, more informed, and connected Riverside community.

**What is your plan for evaluating the success of the project and what specific outcomes will you use to measure success?**

To evaluate the success of the Children's Health Fair, we will focus on the following two key methods:

Participation Metrics: We will track the number of participants in various activities, such as health screenings, workshops, and interactive sessions. Analyzing attendance numbers will help us gauge community engagement and interest in health education and help us to have a better idea for next year.

Testimonials: We will collect some personal stories and testimonials from families who attended the fair, highlighting how the event has positively impacted their lives. This qualitative feedback will provide insight into the community's experiences and the effectiveness of our outreach efforts.

## **The BLACK Collective**

**Project Title:** The Underground Railroad

**Project Address:** 4163 Cedar St., Riverside, C 92501

### **Project Description:**

This project is a movable theater and dinner event celebrating the bravery of enslaved Africans and abolitionists during the Underground Railroad era. It includes interactive historical journeys to Underground Railroad safe houses, immersive performances of key historical figures, and a communal dinner inspired by the era.

### **How does the project align with the mission of the Human Relations Commission, and how will it aid in the elimination of prejudice, intolerance, and discrimination?**

The project aligns with the Commission's mission by educating attendees on the history of resilience and justice-seeking within marginalized communities. It fosters empathy and understanding of historical struggles against prejudice and discrimination. By honoring these stories, it inspires reflection on current challenges in promoting equality and justice.

### **How will the project empower Riverside communities and promote an informed and inclusive multicultural society?**

This event creates a space for community engagement, celebrating cultural heritage and promoting diversity. It educates participants on the historical contributions of Black Americans, inspiring unity and shared responsibility for inclusivity.

### **How will the community be involved in the project and how will it benefit the community?**

The event invites Riverside residents to actively engage as participants, volunteers, and attendees. Local actors and guides bring the history to life, fostering collaboration. The event strengthens community bonds while highlighting shared values of freedom and justice.

### **Can you describe your organization's prior experience in carrying out similar projects?**

Our organization has extensive experience organizing cultural and educational events, including Riverside's largest Juneteenth celebration. We have successfully engaged over 50 Black business vendors and empowered first-time entrepreneurs through the 'Doing Business While Black' program.

### **What is your plan for evaluating the success of the project and what specific outcomes will you use to measure success?**

Success will be evaluated through attendee feedback, attendance numbers, and engagement during the reflection session. Key outcomes include heightened historical awareness, community engagement, and increased inclusivity in cultural events.



## **Kalpulli Tlazolteotl**

**Project Title:** Aztec Dancing

**Project Address:** 3091 Esperanza St. Riverside, CA 92504

### **Project Description:**

Provide a cultural program for the Riverside community with the aim to serve youth. This program will be a multi-week project that immerses youth in cultural workshops. Most of these workshops will consist of hands-on activities where youth will learn to make pre-Hispanic instruments, regalia, and how to use other cultural instruments that are used in Aztec dancing. They will also learn to dance and learn about the importance of learning and continuing this cultural knowledge as a form of community building.

### **How does the project align with the mission of the Human Relations Commission, and how will it aid in the elimination of prejudice, intolerance, and discrimination?**

This project aligns with the mission of the Human Relations Commission because it will benefit the youth of Riverside, especially the youth of Casa Blanca because the program will be in their community. This program will build community through cultural practices that are familiar to the Casa Blanca community. These spaces are open to all and shows participants how to be as one through the beats of drums and rattles.

### **How will the project empower Riverside communities and promote an informed and inclusive multicultural society?**

This project will empower the community of Casa Blanca and the surrounding communities because it will be held at a community center. Ysmael Villegas community center hosts a variety of programs for youth from all walks of life and with diverse backgrounds. A program centered on a cultural practice that brings participants together is perfect for this community and its diverse youth.

### **How will the community be involved in the project and how will it benefit the community?**

The community will gather at the Ysmael Villegas community center where the workshops will be hosted. They will participate in a variety of workshops that inspire creativity and is ultimately a form of community building. Many will be hands on because they will be crafting instruments. This will benefit the community by providing a cultural outlet for Casa Blanca youth in their own community.

### **Can you describe your organization's prior experience in carrying out similar projects?**

We have organized and offered similar programs for mainly adults which have had fruitful outcomes. We have provided many participants a sense of belonging and a newfound interest and pride in their pre-Hispanic culture. Some participants have been from Casa Blanca and other communities in Riverside and we have received positive feedback from community members.

**What is your plan for evaluating the success of the project and what specific outcomes will you use to measure success?**

A good measure of success is the feedback from the community and community members themselves. We pride ourselves in being known around the community of Casa Blanca and the church community in Riverside. The amount of participation and enthusiasm of youth is always a good measure when working with younger people. We will be looking for these same outcomes to measure the success of the program.